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Horse power

The Haliburton County Fair was deemed a success by staff members on Saturday June 10, after hundreds of people took in the sights and sounds of the annual fair in Minden. Fairgoers were treated to live music, shopping, food and entertainment. The horse-pull drew in the crowds to close off the one-day event. See more fair photos on pages 10 and 11. /ADAM FRISK Special to the Times

Kawartha North Family Health Team clears the air

by EMILY STONEHOUSE

Editor

On Friday June 9, a room of well over 100 people sat on plastic chairs in the Minden Community Centre waiting for the one thing they've been looking for since the announcement of the Minden Emergency Department (ED) closure on April 20: answers.

But these weren't clear-cut answers from the HHHS Board or local politicians.

They were answers from the executive director of the Kawartha North Family Health Team (KNFHT), Marina Hodson. The information session was designed to unpack a bit about who I am, who Kawartha North proposal put forward by the KNFHT for the opening of an urgent care clinic, housed in the former Minden ED site.

"I'm here today to do a Q and A," Hodson started, "to answer questions about a proposal I put forward, as well as to tell you a little

Family Health Team is, and what my plans

"What I'm not here to do," she went on, "is to talk about or for other people. I can

see URGENT page 2



MINDEN SUBARU

13061 Hwy 35 Minden, ON 705-286-6126

Urgent care clinic a step in the right direction

from page 1

only speak for myself and my agency. I don't know what other people are doing, what their intentions are, so I want to really just focus on what the plan is."

Hodson stuck to this promise throughout the entirety of the Q and A, often stopping folks who were getting riled up in regards to the HHHS and governmental figures (or the absence thereof) throughout the duration of her two-hour session.

Hodson addressed the rumours that are swirling around online about her personal benefit in regards to the proposal of the KNFHT in the community. "I want to start by saying that there is no profit to be had," she said, "including for myself." Hodson went on to share her lengthy list of not-for-profit work throughout her career. "I've never been in for-profit," she told the applauding crowd.

While Hodson noted that she is unable to open another ED, as that is beyond her scope of experience, she is able to propose to move forward with an urgent care clinic. When funding became available from Ontario Health, she jumped on the opportunity.

Hodson promptly connected with HHHS, Tim Waite from the paramedic department, and other partners in the community to see if this was feasible to create.

The deadline for the funding application was June 16. "Obviously this is a really time sensitive issue," she said, noting that she completed the application within three days due to the nature of the project. "I just wanted to apply for the funding, let's get the money first, then we can figure out what people want, what people need, how do we best implement this so it serves our community."

While Hodson was not certain whether she would receive the funding, she said she remains hopeful. "The government is listening, the ministry is listening, so let's hope they'll actually put the money where their mouth is."



Marina Hodson, the Executive Director for the Kawartha North Family Health Team and a Minden local took to the stage on June 9 to answer any questions about the application put forward for an urgent care clinic in Minden. /EMILY STONEHOUSE staff

Out of the Q and A session, one question that arose repeatedly was inquiring about the difference between an emergency department and an urgent care clinic.

Hodson clarified that an urgent care clinic can treat issues that are of "quite immediate need" but not necessarily life threatening; including sutures, stitches, and staples. "I'm hoping that by doing this, we can actually alleviate some of the demand that is being put on the emergency department," she said. The facility would also be for those who do not have primary care physicians, so folks can have access to medical care without going to the ED.

It was noted that Hodson applied for the funding of two nurse practitioners, but at this time, no physicians. She believes that overall, a team of ten nurse practitioners would be effective at the site, so the KNFHT is actively recruiting and trying to hire at this time.

Listeners in the crowd grew concerned with the lack of physicians at the new site, requesting clarity about what the scope of practice is for nurse practitioners. Hodson said that aside from a few specialty referrals due to funding, they can absolutely do anything that a physician can do at this point, including prescriptions."

When asked about hours of operation, Hodson shared that she intends to be open seven days a week, though she noted that she is not an expert on emergencies, and would be flexible to changing hours based on interest and needs of the area. While the clinic would not be 24-hours at this time, Hodson

hopes that "this is a starting point, not an end point," and hopes to increase the hours as it continues to grow.

While there was trepidation in the crowd in regards to the involvement of HHHS, Hodson clarified that "they would only be my landlord," and that they would have no involvement in the goings-on of the clinic for the community. With that said, she did share that if KNFHT were to receive the funding for the clinic, a flexible lease would be made to ensure that the clinic would close if the opportunity for an ED presented itself once again.

Hodson reiterated multiple times that the nurse practitioners would be receiving a salary through the funding, therefore this is not a private clinic, and certainly not a step towards the privatization of healthcare in Ontario; which was a growing concern throughout the Minden ED closure debacle.

While there are currently no physicians slated to start at the clinic should funding permit, it was noted that Hodson and her team had every intention of reaching out to former Minden ED doctors in an attempt to request their return in the future.

When asked about next steps to an engaged and active crowd, Hodson said that momentum is at a standstill until the funding is confirmed. "Once we get the funding, then we can move forward," she said, "right now, it is at the ministry level, it's beyond the government level."

Hodson patiently answered every question in the crowd for over two-hours, and once the questions had been exhausted, she was joined on stage by Minden Matters organizer Patrick Porzuczek to conclude the Q and A. Porzuczek noted that the end goal is still a Minden ED, but an urgent care clinic was a step in the right direction. "None of us are going to give up hope," he said. "We all believe in the hope, and we all believe we can make a change."

HHHS announces acting president and CEO

Commencing June 12, Haliburton Highlands Health Services (HHHS) President and CEO Carolyn Plummer will be on a medical leave of absence.

David O'Brien, HHHS Board Chair, said, "the HHHS Board of Directors would like to thank CEO Plummer for her hard work and dedication, particularly during the past few months, and we recognize the importance of looking after her health. We wish her all the best as she addresses her medical issues."

In order to ensure ongoing leadership at HHHS during this time, the Board of Directors has appointed Veronica Nelson as Acting President and CEO, as of June 12. She will be responsible for all aspects of the role during CEO Plummer's absence, and will work closely with the Board of Directors and HHHS leadership team on the continued delivery of all services at HHHS.

Ms. Nelson has been temporarily seconded to HHHS from her role as Vice President and Chief Operating Officer at Ross Memorial Hospital (RMH). Ms. Nelson previously worked at HHHS as a Medical Radiation Technologist earlier in her career. She has more than 30 years of healthcare experience, and has been an executive leader at RMH since

2015, including serving as Interim President and CEO from March 2019 to April 2020. She began her career as a Medical Radiation Technologist, and later obtained her Masters of Medical Radiation Science and Masters Certificate in Healthcare Management. Her strengths include leadership, community collaboration and project management. She is currently co-leading the Kawartha Lakes Haliburton Ontario Health Team (OHT). She has been overseeing the Diagnostic Imaging and Laboratory Departments at both HHHS and RMH and will continue to do so moving forward.

- HHHS and RMH have had an ongoing partnership for several years, sharing many services including:
 - Epic Clinical Information System
 - Diagnostic Imaging
 - Information and Communications Technology

- Laboratory
- Medical Device Reprocessing
- Pharmacy

"HHHS and RMH are both organizations that mean a great deal to me," said Ms. Nelson. "I am excited to bring my skillset and experience to working with the HHHS Board of Directors and team members throughout the organization. I know how incredibly important HHHS and its services are to patients, residents, clients, and the community."

Mr. O'Brien went on to say, "We look forward to working with Ms. Nelson and have the utmost confidence in her ability to take on the significant responsibilities associated with this position."

Submitted by Haliburton Highlands Health Services



27th Annual Meeting of Haliburton Highlands Health Services Corporation Thursday, June 22, 2023 2:00 p.m.

Meeting Agenda - Business of the Corporation: Reports of the CEO and Board, Chief of Staff, Auditor, Foundation, Nominating Committee, Election of Directors, and Appointment of Auditors

The 27th Annual Meeting of the Haliburton Highlands Health Services Corporation (HHHS) will be held as a virtual meeting conducted through the Zoom application. In order to participate, Corporation members and members of the public who wish to attend will require an invitation, which will provide further information on how to participate. Cut-off for registration is June 16, 2023.

For further information or to arrange for an invitation, please contact:

Mrs. Michel Henry HHHS Administration Office Phone: 705-457-2527 Email: mhenry@hhhs.ca



Public Health urges air quality mindfulness

Local Journalism Initiative Reporter

The air quality index has taken a new prominence in our daily lives.

For Haliburton County and its environs, the index isn't only to gauge smog moving up from The Big Smoke. Lately, and in what's said to likely become a seasonal common practice, the index has weighed the effects of actual smoke in the air.

Certainly, there are days you don't need an air quality index. The smell of smoke, the haze in the air that can be tasted, and the eerie sepia cast in the sky attests to something untoward being drawn into one's lungs.

Dr. Natalie Bocking, medical officer of health and CEO at the Haliburton, Kawartha, Pine Ridge District Health Unit, said last week the Ministry of the Environment, Conservation and Parks air quality health index uses data from 39 air monitoring stations.

Those stations collect real-time air pollution data and report on key pollutants that are indicators of overall outdoor air quality.

"The current smoke plumes from forest fires throughout Ontario and Quebec are leading to worsening air quality, moving the air quality health index to high risk," Bocking said. "For those who may be at risk due to other health reasons we are advising you to please prioritize your health by reducing your exposure.'

Health Canada advises that people who work outdoors, the pregnant, elderly, and those people with other pre-existing health



Residents from across the county submitted photos of the smoke over the past few days. /Submitted by Erin Kernohan, Submitted by Susan Forrester, Davis Lake Minden

conditions should be mindful of air quality.

High levels of air pollution have blanketed swaths of North America from out-ofcontrol forest fires in northern Ontario and Ouebec. Fires are also burning in British Columbia, Alberta, Saskatchewan, Nova Scotia, and the Northwest Territories.

So far, as many as 26,250 people have been evacuated from their homes that are in the paths of about 413 wildfires across the

Air quality and visibility due to wildfire smoke can fluctuate over short distances and can vary considerably from hour to hour.

Last week, many Ontario school boards have moved children's outdoor activities indoors. Along the eastern seaboard of the United States, smoke from Ontario and Quebec has cancelled Major League Baseball games. Flights have been grounded at such large airports as New York City's LaGuardia Airport.

Bocking said in a press release that wildfire smoke can be harmful to everyone's health, even at low concentrations.

Stop outdoor activities and contact your health care provider if you or someone in your care experiences shortness of breath, wheezing (including asthma attacks), severe cough, dizziness or chest pains. Stay inside if you are feeling unwell and experiencing

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In Case of Emergency Dial 911 After-Hours Municipal Emergency Dial 1-866-856-3247

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VIRTUAL & IN-PERSON COUNCIL MEETINGS

Council and Closed Session meetings are currently being conducted with a hybrid model of in-person and electronic participation in accordance with the Municipal Act. Meetings begin at 9:00 AM unless otherwise noted. The schedule of upcoming meetings are:

> June 29 - Regular Council Meeting July 27 - Regular Council Meeting

Please note Council Meetings are reduced to one (1) meeting a month in July.

Members of the Public are invited to observe Council proceedings by attending in person or joining a live-stream link available on the township CivicWeb Portal at mindenhills.civicweb.net/Portal/MeetingTypeList. aspx or by using the direct link provided in the notice. Meeting agendas are not displayed during the meeting; please download by visiting our CivicWeb Portal at mindenhills.civicweb.net/Portal/MeetingTypeList.aspx. Please note the live stream file/video will be available to the public for the duration of one week after the Council Meeting.

EMPLOYMENT OPPORTUNITIES

Come join our team! We are currently looking to fill the following positions:

· Municipal Law Enforcement Officer • Community Services Operator (maternity/parental leave)

Customer Service Representative

Stay informed of current job postings by visiting our website at mindenhills.ca/en/local-government/careers for a list of available employment opportunities.

CULTURAL CENTRE EVENTS

The Backwoodsmen will perform live outdoors at the Minden Hills Cultural Centre on Saturday June 24 at 2 pm. The quartet featuring the Gallery's current artist Rob Niezen, Dr. Al Kirby, Rob Cory and John Bird, tells the stories and sings the folk songs documented throughout rural Ontario in the 1950s by song-collector/scholar Edith Fowke. Bring your lawn chair. Admission is by donation. For more information, please call 705-286-3763 or email culturalcentre@mindenhills.ca.

Cross Cut, an exhibit by Rob Niezen, is on display at the Agnes Jamieson Gallery until July 1. The exhibit features 24 linocuts illustrating traditional Ontario folk songs reimagined in a contemporary context. The Agnes Jamieson Gallery is open Tuesday to Saturday from 10 am – 4 pm.

Admission is by donation. For more information please look at the events calendar https://calendar.mindenhills.ca/default/Detail/2023-05-04-1000-Cross-Cut-Exhibit-by-Rob-Niezen

Bateman Family: A Sense of Place will be on display from July 6 to September 2 at the Agnes Jamieson Gallery. This personal family exhibit features original paintings and limited-edition prints by Alan, Brad, Jack, Robert & Ross and photographs by Birgit Freybe Bateman. The opening reception will take place on Saturday July 8 from 1-4 pm. Pre-registration is required for the artist talk at 1:30 pm. For more information, please call 705-286-3763, email culturalcentre@mindenhills.ca or look at the events calendar https://calendar.mindenhills.ca/default/Detail/2023-07-06-1000-Bateman-Family-A-Sense-of-Place.

The Minden Hills Museum & Heritage Village and Nature's Place is now open for the season Tuesday to Saturday from 10 am - 4 pm. Join us daily for self-guided village tours and hands-on activities including Wildlife m 3-4 pm, Rock Painting on Jun pm and Butter-Making on June 17 from 11 am – 12 pm and 2-3 pm. Don't miss the amphibian exhibit in Nature's Place! Admission is by donation. For more information, please call 705-286-3763 or email

culturalcentre@mindenhills.ca.

HHW EVENT DAYS

Minden Hills, Algonquin Highlands, Dysart et al and Highlands East have partnered to provide multiple household hazardous waste collection days throughout the County. Visit https://www.mindenhills.ca/en/ living-here/hazardous-waste.aspx for a full list of dates, and items that

A MESSAGE FROM THE FIRE DEPARTMENT

Reminder there is a **COUNTY WIDE TOTAL FIRE BAN**

Fire Safety while you are camping (or parked): Never leave cooking unattended.

Never leave appliances that are plugged in and on unattended.

Turn off overhead exhaust fans when you leave the RV.

· Don't leave 12-volt lights on. Keep clothing and other burnable things away from them (like in storage spaces). They get very hot. • If the flame on your galley stove goes out while in use, unless you

have run out of fuel, the gas will continue to flow and could result in an explosion. Turn off the stove and air out the RV before trying to relight. Keep all combustibles--from paper towels to curtains--far enough away

from your stove that they cannot catch fire. · Gasoline and propane can pose an immediate, explosive danger. Deal at once with any leaks or spills and use all fuels in adequately vented areas. Operate your generator in an area where gasoline fumes cannot reach an

ignition source. Keep your campsite fire sources, such as fire rings, tiki torches, and lanterns, away from all vehicles.

 RVs often have a very limited number of electrical outlets, and sometimes RVers use power strips to plug in more things. Don't overload the electrical outlets! Circuit breakers don't always prevent overloads from starting fires!

 It's best never to use an extension cord in an RV. If you must, make sure you use a HEAVY-DUTY extension cord, and make sure the load you put on it is well within its safe load capacity. DON'T run any electrical cord under a carpet or floor mat.

- The first step is to get everybody out of the RV and safely away from the
- · If it is a small fire and you can extinguish it without putting yourself in danger, put it out with a fire extinguisher.
- · If it is too big of a fire or coming from an unknown source, do not risk your Never re-enter a burning RV to retrieve anything--GET OUT & STAY
- Get help. ALL adults and older children should know how to dial 911 Remember that cell service may be limited where you are, so plan ahead
- It's crucial to know your exact location so firefighters can find you!

Town chooses firm for Gull River housing project's traffic study

by JAMES MATTHEWS

Local Journalism Initiative Reporter

Minden Hills council OKed D.M. Wills to be the outfit to complete a traffic impact study as part of an application for an affordable housing project on Gull River.

Amanda Dougherty, a municipal planner with the township, explained to council when it met June 8 why a second traffic impact study is required for the housing project on Highway 35 along the stretch of river between Rotary Park and the local Royal Canadian Legion branch.

Dougherty said that in the last couple of years, the Ministry of Transportation (MTO) has continued to have various traffic concerns or requirements in order to issue their permits, one of which was identifying their need for a right-turn taper.

"Recently MTO has confirmed that taper is no longer required," Dougherty said. "But in order to issue their permits, they have requested that the traffic impact study be updated to reflect the number of units that is now proposed."

She said it's more complicated than merely updating a number. As the number of proposed housing units increased from 30 to 35, a traffic engineer suggested that a reassessment is needed of the previous traffic impact study.

And that's why staff sought direction from council.

Before they were hired by Minden Hills, engineering consultants D.M. Wills had done a 2020 traffic study for the housing authority involved in the same project with the municipality.

The study was required by the Ministry of

Transportation.

The 2020 traffic impact study concluded that a right turn taper (RTT) was not required. But the MTO took the position that a RTT was required.

The MTO maintained that opinion throughout the project's approval process until recently when the ministry backtracked and said the taper was no longer needed.

But the ministry has come back and said that an updated traffic impact study is required to issue their permits, given that the number of proposed units increased to 35 units.

Housing authority staff have enquired as to whether Wills is able to proceed with updating the 2020 Traffic Impact Study.

As D.M. Wills is contracted by the township and they'd done the previous traffic study, it will mean they would be representing both the housing authority and the township on the matter.

But there is some distance that would maintain the study's integrity against perceived conflict of interest.

"Because MTO is the approval authority for traffic, Wills would not be involved in reviewing the study from a planning perspective, nor would any township staff need to review or comment on the study," Dougherty said.

Given the traffic study approval is MTO responsibility, there will be a level of separation regardless of which party, either the municipality or the housing authority, ultimately prepares the study.

Mayor Bob Carter said there's been a number of frustrating bumps in the two years this housing development has been trying to get off the ground. There's been a series of project redesigns initiated by the province.

"So now that the MTO has forced you to change your design, they then want you to change your study after they caused the issue," Carter said.

Councillor Tammy McKelvey asked if there was a recent federal government funding announcement for affordable housing that could help with Gull River.

"Any federal government announcement on housing is always layer upon layers of bureaucracy and so on," Carter said.

Such a funding announcement may help,

"The other thing that is happening is the Eastern Ontario Wardens Caucus and their initiative of trying to the build the units that are required all across eastern Ontario," Carter said. "And they're negotiating funding from, basically, anybody they can get it from"

One of the reasons the housing authority and Haliburton County is working to get the Gull River development ready is they want to have shovel-ready projects to show efforts can be met with immediate success, he said.



HHSS are loud and proud

Abi Lewis and Logan Beers stop for a photo during the colour run at Haliburton Highlands Secondary School for their Pride Week celebrations. /DAVID ZILSTRA Staff

Bateman Family: A Sense of Place

July 6 - September 2, 2023

The Batemans cherish the memories of their summer holidays spent at the family cottages in Haliburton County. Their experiences over several decades are captured in this personal family exhibit featuring paintings by Alan, Brad, Jack, Robert & Ross and photographs by Birgit Freybe Bateman.



Opening reception Saturday, July 8 | 1:00 - 4:00 pm

Artist talk at 1:30 pm | Pre-registration required to attend Artist talk

Artist talk at 1:30 pm | Pre-registration required to attend Artist to Original artwork and limited edition prints available for sale



176 Bobcaygeon Road, Minden I <u>culturalcentre@mindenhills.ca</u> I 705-286-3763



Emergency services are no longer available at the HHHS Minden site.

This change came into effect on June 1, 2023, as a result of severe and on-going staffing shortages.

If you are in need of serious medical attention, always CALL 911.

Anyone needing emergency care can access services at the Haliburton site (7199 Gelert Road, Haliburton).

Visit www.hhhs.ca or call 705-457-1392 for more information.



Millpond Restaurant makeover well underway

by CHRIS DROST

Times Staff

Things are moving ahead quickly with ACM Design Inc.'s makeover of the Millpond Restaurant in Carnarvon.

"We are in the construction phase. Cabinets are going in. Painting is taking place, the new electrical is being installed and the templates done for the new countertops," says Sophie Creelman, marketing coordinator at ACM.

This, Hali's Restaurant Makeover is the second makeover project by ACM Designs, the first one being the Bonnie View Inn on Kashagawigamog Lake, which previously won Haliburton's Big Lobby Makeover in 2020. Earlier this year, more than 9,000 people cast votes in the contest.

"We are a socially responsible company giving back to the community," explains Creelman when asked about the reasoning behind these makeover projects.

This time, the project involves a complete redesign of the dining space. A new colour palette will further enhance the space. The design renderings showcase the new design, utilizing elements from the storyboard that will be found throughout the restaurant.

"It has been about 30 years since this space has been updated," adds Creelman.

The designers have crafted a new floor plan and new furniture and lighting fixtures will be installed in the dining room. The plans have been developed in collaboration with Millpond owner, Brad Archer, to ensure the space will function as it should. The renovation is for the dining room only.

While the changes for the restaurant will give it the fresh new look it deserves, according to the ACM's social media, the designers have been cognizant of preserving the local ambience and charm the restaurant has always had. This means that elements of rustic wood tones, a bit of plaid, and landscape photography ae expected to be included somewhere in the new design.

The design storyboard shows plans for a double-sided fireplace between dining rooms, quartz countertop, mid-toned



An artist's rendition of the redesigned dining room at Millpond Restaurant, shows the totally refreshed space planned by ACM Designs Inc. for the Millpond Restaurant in Carnarvon, winners of Hali's Restaurant Makeover contest. /Photo courtesy of ACM Designs Inc.

vinyl plank flooring, a dark pewter paint colour for the dining room walls with a plaid accent wall, and light wood toned bar stools.

Partners in the project include Kegel Heating and Cooling, Churko Electric, Emmerson Lumber Limited, Cordell Carpet, Yours Outdoors, and Cambria.

"There is lots of talk about the makeover, lots of excite-

ment," says Creelman. A review of the ACM Facebook page confirms it. There appears to be a great deal of excitement about seeing the finished product.

"We have been working a lot of overtime but plan to have the project completed by the end of June," says Creelman.

In the interim, Millpond Restaurant has re-opened for takeout and limited outdoor seating.



dollar view of Boshkung Lake. Stunning open concept design. 2840 square foot Upper Canada Post and Beam with three bedrooms, office, sitting room, spacious family room, large deck, two renovated bathrooms and

renovated kitchen. A must see!

Bill Kulas **Sales Representative**

Cell: 705-457-5577

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please email Debbie@haliburtonpress.com or call (705) 286-1288.

T'S BEEN a few weeks of big feelings. Of endings. Of closures. Of indoor recess based on air quality. Of watching the world quite literally burn around us.

For a few short days in Minden, the topic of conversation was directed towards the hazy skies and the missing stars; clouded by swirls of smoke and sore throats.

As the skies began to clear slightly, the topics turned back to the ED closure; with little glimmers of hope presented by the Kawartha North Family Health Team, but still the anger, the rage, the confusion swirling around on social media pages, like the smoke suffocating the stars.

It's all around us. People slumping into the comfortable swaddle of negativity; digging deeper and deeper into spaces of rage. Of blame. Of anger.

And I get it. I really do. These feelings are largely fuelled by fear. By loss. By feeling left out.

But this past weekend, I felt like for even a moment, some of that went away.

When I stepped onto the brittle grass of the Minden Fairgrounds on Saturday morning to watch the opening of the 159th Haliburton County Fair, it felt like a step back in time. A chapter when I would enter the fair with sparkles in my eyes and a candy apple in my hand. That childlike whimsy where it felt like the world was with me, not against me.

Because what is the point of a fair? It's not a soapbox for statements or a platform for petulance. It's a space that's quite simply designed for joy. For petting animals and listening to local musicians. For bouncing on trampolines and giggling as the hot air balloon rises. For tasting pies and regretting the amount of sunscreen used by the end of the day. For

spotting neighbours you haven't seen in months and bouncing along on slow-paced tractor rides. It's about joy. That's it.

As I watched the fairgrounds come alive around me while the sun climbed higher in the sky, I realized that that's what we've been missing these past few weeks. Heck, not just weeks, these past few years have been trying. We've been pushed to our limits over and over and over again, and with that, we've driven the shovel deeper and deeper into spaces of rage.

Because anger is easy. It comes hot and fast and naturally. It's a basic human emotion that's always tucked just beneath the surface, ready to

> claw itself out when the moment strikes. And once that beast is unleashed, it takes strength and resilience and patience to tame it once again.

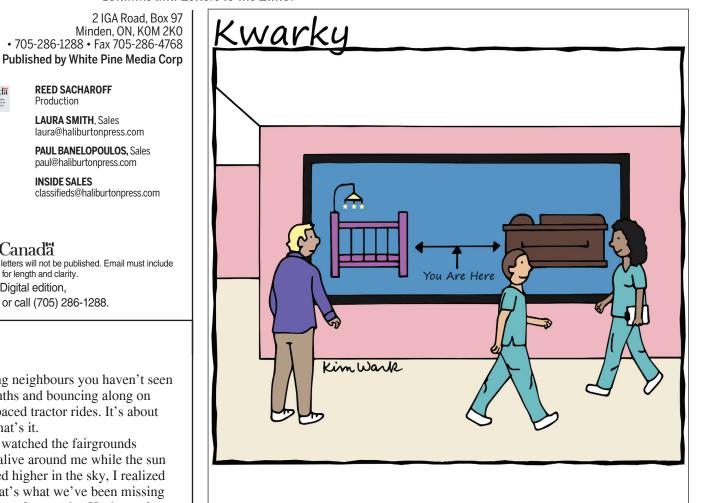
While anger lives shallowly, joy is deeper down. It's not a natural response; particularly as a jaded adult. It takes vigilance and perspective

and observation. But it's there. Deep down, it's there.

This weekend I saw it in the form of friends hugging at the fair. I saw it when a young child waved to an elderly couple on a stroll, and they excitedly waved back. I saw it when two dogs met one another for the first time. I saw it when groups of people lined up at the Minden Pride tent to collect flags to decorate their booths. I saw it when people sat in plastic chairs and clapped in the bagpiper to kick off the fair once and for all, and carry on the traditions of our community.

So while the hole of rage is dug deeper and deeper, I hope you can find it in your hearts to use that space, and plant a seed of joy.

It's time to let that seed grow.



All about cover

STEVE GALEA

Beyond 35

OW THAT bass season is starting to open across the province, it's time to discuss cover. I'm not talking about the cover you'd find fish near either. We all know that bass can be found near docks, weed beds, rocky humps, downed timber, drop offs and the like. No, the cover I'm talking about is the kind you need to take when someone sets the hook too hard and pulls the lure right out of a fish's mouth or from a piece of vegetation.

First off, we should note, as danger levels go, bass fishing is midrange. That means the federal government will not be mandat-

ing helmets and face shields along with full Kevlar suits and shields any time soon the outfit that should be donned when muskie fishing. (Those lures become big, dangerous projectiles when yanked back with authority.)

Conversely, bass lures are of a size that are still conducive to Instagram video posts titled "My new piercing! Lol!"

Even so, most medical professionals would probably advise the angler to avoid getting pierced by a set of treble hooks. It just shortens the fishing day.

That's why learning to take cover is an essential angling skill.

Most anglers have a fairly blasé approach to avoiding a lure that was just ripped off an overhanging tree branch. After all, it is only approaching at Mach 1. This is generally comprised of a relatively nonchalant yelp and a zig occasionally accompanied by a zag. In most cases this results in a set of treble lures firmly lodged evermore in your favourite fishing hat along with a casual comment about the need to stop at a big box store on the way home to pick up a

new set of underwear.

But there are times – generally when the lure causes a sonic boom after being excitedly ripped out of a big bass's mouth – when it is prudent to take more extreme measures, up to and including abruptly abandoning ship.

However effective this is, I prefer the classic yelp, gulp, and drop.

Though it probably needs little explanation, I will go through it for the new

Essentially, the minute your fishing buddy yells "Incoming!" or perhaps the second

you hear the sonic boom, you yelp. This is traditionally done in a high-pitched voice but feel free to make it your own – it really doesn't matter. The yelp is followed by a gulp, which is more of a public service than a useful action – it signals to nearby anglers that something with sharp hooks is rapidly approaching. And while that is great, the drop is the important part of the maneuver. I prefer to drop flat below boat gunnel

level, but that's just me. Others endeavour to hug the boat plug, which is generally considered more effective.

The idea is to remove yourself from the lure's trajectory.

This is appreciated by your fishing buddies too. No one, after all, wants to cut a fishing day short or lose an expensive lure to an emergency room display case. Luckily, this is easily avoided. All it takes is cat-like reflexes, the flexibility of an Olympic level gymnast, and the situational awareness of a whitetail deer surrounded by a pack of wolves.

I could write more, I suppose. But, when it comes to incoming fishing lures, I think most people get the point.



EMILY STONEHOUSE Editor

INOTHERWORDS

Columns and Letters to the Editor

Another one gets fired

It's disturbing to see how intelligent people who get close to Justin Trudeau get burned.

The latest scorched victim is David Johnston, the former governor general who Trudeau appointed his special rapporteur on claims that China has interfered in our federal elections. He resigned that position last Friday citing "the highly partisan atmosphere" surrounding his appointment and his work.

Johnston is a prominent Canadian with an outstanding career in public service,



JIM POLING SR. From Shaman's Rock

particularly in the field of education. He has been the dean of the University of Western Ontario law school, principal of McGill University and has held other positions in other universities.

He was appointed governor general in 2010 on the recommendation of Conservative Prime Minister Stephen Harper and served until 2017.

He's now another of the dedicated, intelligent people who joined the Trudeau team then found themselves cast aside or in untenable positions that left them little choice but to resign.

Jody Wilson-Raybould quit Trudeau's cabinet in 2019 during a scandal involving SNC-Lavalin, a

Ouebec-based engineering firm. The firm was accused of using bribes to win con-

There were reports that Trudeau's office pressured Ms. Wilson-Raybould to intervene in the case against SNC-Lavalin. She was justice minister and attorneygeneral at the time, but was demoted to veterans affairs minister before she quit.

Gerald Butts, Trudeau's principal secretary and friend, resigned too, saying it was important for the prime minister's office and its work for him to step away. So did Jane Philpott, Trudeau's Treasury Board president, saying she had lost

confidence in the government's handling of the Lavalin affair.

Then a year of so later Finance Minister Bill Morneau quit Trudeau during the scandal involving WE Charity, a youth empowerment movement.

Trudeau's government gave WE a \$43-million contract. Critics said Trudeau should have recused himself from the contract discussions because members of his family were close to the charity and had taken money from it for making appearances and speeches.

Moreau also was close to the family that operated WE and socialized with

That's a basketful of people burned while working with Trudeau, who has a documented history of loose ethics and conflicts of interest.

Now there's David Johnston, an honorable man who should have declined Trudeau's request to investigate reports of Chinese political interference. He is a friend of the Trudeau family and has longstanding personal and professional connections in China.

The opposition parties were bound to jump all over his appointment. They did, saying that as Trudeau's friend, Johnson had a conflict of interest in investigating Chinese interference and whether the Trudeau government did anything to stop it.

They also noted that a Chinese company donated \$140,000 to the Pierre Elliott Trudeau Foundation, a charity with which Johnston was associated. The foundation later gave the money back.

Two days before Johnston resigned, the House of Commons passed a New Democratic Party resolution calling on Trudeau to replace Johnston and urgently establish a public inquiry into Chinese political interference.

Johnston said he respected the right of MPs to express their opinion but refused to resign, then did so two days later.

You have to feel sorry for David Johnston, who did what he has always done: accepted a job in which he could fulfill a duty to serve his country. Wrong job. Wrong time. Wrong person to go to work for.

The affair has left Johnston's sterling reputation badly tarnished. Recent polling shows that only one in four Canadians have faith in his credibility and

Almost 70 per cent of Canadians polled said they are concerned about China's meddling in their electoral affairs. Yet only 28 per cent of respondents said the Trudeau government's handling of the issue has been good or very good.

Trudeau could have appointed any number of other qualified and independent individuals to report on China's political interference and avoided what has turned into yet another Trudeau government mess. But Trudeau is an elitist who lives in a rarified world far outside the common world the rest of us occupy.

What is especially sad is the increasing number of smart, effective people who get burned when drawn into that Trudeau world.

letters to the editor

In memory of

To the Editor,

It is with great sadness that we announce the sudden passing of our beloved Minden Emergency Hospital. The Minden ER hospital is survived by a devoted team of highly trained ER doctors, an amazing team of nurses, loyal support staff and 27,000 plus petition signers from Minden and surrounding counties.

Minden ER has dedicated 28 years of excellent care and saved hundreds of lives. It has been an essential part of our county. It has fought a courageous battle against PMI (Privatization, Mismanagement and Insensitivity.)

Special thanks goes out to Patrick and his hard working team of determined volunteers.

In lieu of flowers please keep up the fight against privatization and the Ford Government.

Minden ER will be sadly missed by all who live or vacation here in cottage country.

"And on the third day ----" Dare we hope?

Jan and Dave Heaven Minden

Battle not over yet

To the Editor,

Over the past few weeks the village of Minden has been engaged in a fight for life and the battle is not over yet. Residents of Haliburton County are now wondering how to proceed. On June 1st the Minden emergency room was closed.

Three bits of information that have emerged stand out like red flags. First our MPP Laurie Scott has refused to represent the needs of her constituents. Remember the main duties of an MPP are to participate in parliamentary debate, to represent their riding and their political party and respond to the needs of their constituents. In less than a weeks time the petition calling for keeping the Minden ER open had more signatures than the number of permanent residents of Minden Hills. Ms Scott ignored her constituents and states she agrees with the decision of the hospital board.

Secondly it appears that an injunction cannot be awarded against the decision made by the Haliburton Highlands Health Services board because they "own" both the Minden and Haliburton Hospitals. This gives the CEO and the Board of Directors of HHHS autonomy over a public service that has been financially supported by government and the residents of this

The reason given for closure was staffing shortages. The team who work in Minden have been able to provide the staffing required for over twenty years. In Haliburton the hospital is partially served by family doctors working shifts in the hospital as part of they contract with HHHS. Minden's emergency staff are fully trained ER doctors. We depend on the life saving serves that have been provided to this community and the communities that surround it.

Thank you to all of the staff in the Minden ER. You have not been treated with the respect or gratitude that you deserve. You have saved so many lives and made this a safe place to live.

What will we do without you?

Heather May Minden

Time to speak out

To the Editor,

On June 2 at 4 a.m. I woke up with pain and a swollen hand.

I usually go to telehealth in Minden or clinics before I head to ER but they have been closed due to no funding and my doctor retired.

I went to the ER in Haliburton at 4am and the 2 triage nurses told me my hand didn't look swollen and not an emergency so they were not waking the doctor, it would be a three hour wait.

So I waited. No one came in to ER and I took pictures of an empty room till 7:30 when I decided I had enough.

I wasn't there because I wanted to be.

The security guard asked if I was leaving? I replied yes I had enough this is ridiculous.

She said next shift was about to start if I wanted to wait and I said for what? Wait for them to sleep too.

When I did have to go to ER, I went to Minden as you were treated with respect and saw a doctor in a timely matter.

Shame on all that shift that morning. Closed the wrong hospital!! Speak out people.

> **Penny Northey** Minden

HCPL's Book of the Week



Eleven-year-old Avery Lee loves living in Hickory Valley. She loves her neighborhood, school, and the end-of-summer fair she always goes to with her two best friends. But she's tired of feeling squished by her six siblings! All Avery wants is her own room. So she's furious when Theo, her grumpy older brother, gets his own room instead, and her wild baby brother, Max, moves into the room she already shares with her clinging sister Pearl! Avery hatches a plan to finally get her own room. But when Avery finds out that her family might move across the country, things get even more complicated.

Recommended for ages 8-12, the graphic novel Squished by Megan Wagner Lloyd is available to borrow from the Haliburton County Public Library.

MHCC plans Bateman exhibit

by JAMES MATTHEWS

Local Journalism Initiative Reporter

Renowned Canadian visual artists are coming to Minden Hills this summer.

The Bateman Family: A Sense of Place will be an exhibit at the Minden Hills Cultural Centre this summer from July 6 to Sept. 2.

And patriarch Robert Bateman, one of Canada's most celebrated realist painters on par, according to many people, with the Group of Seven, will open an exhibit with his children, accomplished artists in their own

Minden council agreed during its meeting June 8 to declare the exhibit's public opening day July 8 to be an event of municipal significance.

Shannon Kelly, the township's cultural services manager, said staff were approached by Ross Bateman in August with the idea of a Robert Bateman family exhibit in the Agnes Jamieson Gallery.

The original painting Castor canadensis will be part of the exhibit and is the one original painting that will be available for sale. The sale price is \$50,000 US, or about \$68,000 CDN. As per the exhibit contract, the gallery will receive 25 per cent of the proceeds from the sale.

This exhibit would be based on the family's time spent at family cottages in Haliburton County over the last several decades. The exhibit would include original paintings, and limited-edition prints created by Robert Bateman, his brothers Ross and Jack, Robert's son Alan, and Ross' son Brad. It would also include photography by

Robert's wife, Birgit Freybe Bateman. Kelly said the entire Bateman family will be on hand for the opening. Art will be transported from Canada's east coast and its west coast for the exhibit.

"It's a great opportunity for the cultural centre to have," she said. "I think a lot of people will be coming out to see the exhibit."

Robert Bateman will provide 46 pieces of his personal collection, including 21 originals and 25 prints. Four additional originals from the collection of Ross Bateman will also be included.

As many as 12 photographs by Birgit Freybe Bateman will be exhibited.

Three original piece by Ross Bateman and one by Jack Bateman will be displayed.

Alan Bateman will contribute four original pieces and four reproductions.

Eight original works of Brad Bateman's will be also on view.

Councillor Tammy McKelvey wanted to know how insurance worked for such an event with so many valuable pieces of

Kelly said the Bateman family provided a full list with values of the works to be at the exhibit. She'll forward that list to the Finance Department to give to the municipality's insurance carrier.

McKelvey asked for specific details.

"If this deductible is \$50,000 or \$5,000 there's a big difference," she said. "I just want to make sure we're aware of what our obligations would be."

Craig Belfry, the township's community services director, said the cultural centre has in the past hosted works by renowned Canadian visual artists.

"There is significant artwork coming, but there has been in the past," he said.

"That's fine," McKelvey said. "But per-

haps nobody's asked the question. What's the financial implications if there's a claim and is our deductible \$5,000 or \$50,000 because that makes a big difference."

Mayor Bob Carter suggested council get Finance staff to bring the information to the next meeting.

"We can't wait until then ... so I guess we commit and hope for the best, I'm assuming," McKelvey said. "But this is definitely something that needs to be looked at."

The Minden Hills Cultural Centre Foundation will be holding a Members Only preview of the exhibit July 6 with some members of the Bateman family.

The public opening reception will be July 8, and all contributing artists have confirmed that they will be present at the reception.



Irondale hosts Spring Fling

Knit dolls were displayed by a vendor at Irondale's Spring Fling event on Saturday, June 10 held at Irondale's Historic Church. /TIM YANO Special to Visitors of Irondale's Spring Fling the Times



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Fair game

Natilie Woodman, from B.C., paints a school bus at the Haliburton Bus Lines booth on Saturday, June 10 at the **Haliburton County** Fair held at the Minden Fairgrounds. Fairgoers were treated to live music, shopping, food and entertainment. The horse-pull drew in the crowds to close off the one-day event. /ADAM FRISK Special to the Times





Pockets the Clown face-paints Ava Kulas while Haleigh Gallagher looks



Horses pictured during the Haliburton County Fair horse pull competition.

Brought to you by the Haliburton Highlands Volunteerism Coalition



Boris (white) competes against Dave Hammond in a round of cornjole in the beer tent at the fair.



Come join us!

June 16 3PM-7PM, Haliburton Legion

SUDOKU SOLUTION

8	5	9	1	6	4	3	7	2
3	4	6	8	7	2	5	9	1
1	7	2	3	9	5	8	4	6
6	3	5	9	4	8	2	1	7
4	8	1	5	2	7	6	3	9
2	9	7	6	1	3	4	8	5
7	6	8	4	5	1	9	2	3
9	2	3	7	8	6	1	5	4
5	1	4	2	3	9	7	6	8





A general view of the Minden fairgrounds on Saturday. /ADAM FRISK Special to the Times



Destiney Madigin holds a snake at the Haliburton County Fair on Saturday.



Fairgoers line-up for the chip truck at the fair Saturday



Right, Hudson Harting chases some bubbles with his mom at the fair.



Quaint open concept with two bdrms, full basement, on a level lot, storage shed, steel roofing

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is currently accepting nominations for our induction ceremony to be held June 15, 2024.

Nominate Today!

Please visit our website for details on how to nominate a candidate. Categories of inductees, which will be considered for submission, are Athletes, Teams and Builders.

Deadline for submissions: October 30, 2023

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School's Cool with SIRCH

by EMILY STONEHOUSE

Editor

It may seem like summer is just getting started, but planning for the school year ahead is always important.

That's why SIRCH is once again kicking off their popular "School's Cool" programming for the summer season ahead. "Developed as a school readiness program, School's Cool is designed for kids entering junior kindergarten," shared the coordinator of the program, Brittany Rance.

Starting in 1998, SIRCH has offered the program in schools around the area, focusing on math, language, social, and psychological programs to get kids excited about their first year at school. "It really explores things like routines, instructions, socialization, and just doing things on their own," shared Angelica Ingram, the communications and marketing coordinator for SIRCH.

Due to recent funding cuts, the program has gone from being offered in six schools, to just one this year. The in-person program will be offered at Archie Stouffer Elementary School, and Rance and Ingram noted that if parents are interested in the in-person program, they are encouraged to contact SIRCH directly.

With the limited opportunities for in-person based on the funding cuts, SIRCH has had to think outside the box to find ways to



Quinntin Clark smiles at his family while singing the ABCs during his School's Cool graduation on Thursday, Aug. 18, 2022. /VIVIAN COLLINGS Staff

continue offering this valuable program to young families.

This is why they have opted to include online learning, as well as parent-guided sessions of the programs. "We didn't want to disappoint families where the program was previously offered," said Ingram, "and we were mindful of any transportation restrictions with the in-person only being available at one location, so we decided to offer some other options as well."

"The instructors are super engaging," shared Rance in regards to the online programming, "we take lots of dance breaks, and really, it's only for an hour and a half a day for five days."

As for the parent-led program, this session outlines three activities a day, learning videos, and detailed instructions. And while those three activities should be done for four days a week over the span of six weeks, it can be entirely parent-lead. "There are no

time parameters for this," said Ingram, "this is a great program for people who don't have high speed internet, or who have very busy summer schedules."

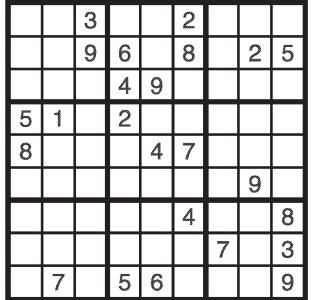
In whatever way the program is taken, SIRCH believes that it is valuable to get all kids prepared and excited for the school year ahead. "It offers the opportunity to create an even playing field for everyone starting school," said Rance.

For more information on the School's Cool program, visit www.sirch.on.ca.

Sudoku brought to you by



SUDOKU



Fun By The Numbers

Like puzzles?
Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 10



National Indigenous history month

by CHRIS STEPHENSON

Special to the Times

On the library's website, you'll find an Indigenous Resources page, which is up and regularly added to yearround: www.haliburtonlibrary.ca/Indigenous-Resources

Two staff members, Sherrill and Tessa, did Library Talks on Canoe FM in June about Indigenous History Month (and Pride) where they talked about books by Indigenous authors for both adults and children.

As well, branch staff were encouraged to create displays featuring books by Indigenous authors. We included advertisements in some of the June newsletters with the National Indigenous History Month banner that can be clicked on to see our collection of books by Indigenous authors.

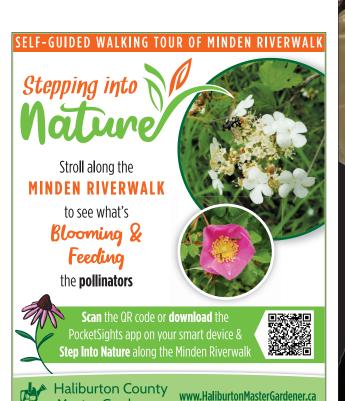
On our social media this month we're featuring resources to learn more about this unique history month, such as:

The Government of Canada's Learning resources about First Nations, Inuit and Métis across Canada https://www.rcaanc-cirnac.gc.ca/eng/1621447127773/16214 47157184

Larry O'Connor's great radio show on Canoe FM, called Tales from the Big Canoe. This program helps listeners understand accomplishments & challenges facing Canada's Indigenous people, and we're fortunate to have it on our local radio station! Tune in the last Wed. night of each month @6 p.m. (or on the following Friday at 11 a.m., if you miss it live) canoefm.com/listen/recorded-programs/ tales-from-the-big-canoe/

The Indigenous Canada free online course available through the University of Alberta. Over 500,000 people have enrolled! www.ualberta.ca/admissions-programs/online-courses/ indigenous-canada/index.html.





Master Gardeners



Moose on the loose

Tammy Nash snapped this photo of a young bull moose who appeared near the roadside on Highway 35 on June 11. A reminder to motorists that many animals are making their ways to the roads to try to get away from the bugs of the dense forest. Be sure to drive with caution. /TAMMY NASH special to the Times



Committee of Adjustment - Notice of Public Hearing **Application For Minor Variance**

TAKE NOTICE THAT the Committee of Adjustment of the Township of Minden Hills will hold a Public Hearing on:

Monday, June 26, 2023

LOCATION: This will be a hybrid meeting. Members of the public may attend either in person or

electronically via Zoom. Details are provided below.

To Attend in Person:

Location: Members of the Public wishing to watch the meeting in person can do so by attending the Township Council Chambers, located at 7 Milne Street, Minden.

To Participate: Members of the public wishing to participate and make comment/speak at the public meeting must pre-register by emailing dsisson@mindenhills.ca by Friday June 23, 2023 before 4:00 PM or by registering the morning of the meeting before 9:00 AM in the Council Chambers.

To Attend Electronically:

To Watch: Members of the Public wishing to watch the meeting can do so by joining the Meeting Live Stream Link: https://youtube.com/live/oDI9V7PS-7E?feature=share

The live-stream link provided for each meeting will only be activated while the meeting is in session.

To Participate: Members of the public wishing to participate and make comment/speak at the public meeting must pre-register by emailing dsisson@mindenhills.ca by Friday June 23, 2023 before 4:00 PM or by attending electronically and registering the morning of the meeting before 9:00 AM. Once registered, participants will automatically be placed into a holding room and brought into the meeting as permitted by the Chair. To attend the Zoom virtual meeting via Web, type https://zoom.us/join or

https://us06web.zoom.us/j/85998313946?pwd=OVFjYk93LzVPeU9jQXE5MkNQZIQ5UT09 into your browser or attend by dialing the number below:

Telephone: 1-647-374-4685 or 1-647-558-0588

Webinar ID: 859 9831 3946

Participants registering either virtually or in person after 9:00 AM will not be permitted into the public hearing.

The purpose of the Public Meeting will be to consider Minor Variance Applications PLMV2022100 and PLMV2023027 and the proposed minor variances to the Township of Minden Hills Zoning By-law pursuant to Section 45 of the Planning Act as shown below:

PLMV2022100 - Part Lot 18, Concession 2, Geographic Township of Minden; municipally known as 1017 Canfield Lane and located on Canning Lake (See Key

Purpose and Effect of the Application: The purpose of the application is to provide relief from the Township of Minden Hills Zoning By-law 06-10, as amended, to permit the construction of a two-storey, 44.6 square metre addition to an existing two-storey, 69.11 square metre dwelling on an existing undersized lot. The effect of the application would be to permit an increase in the ground floor area of the existing cottage by 64.5% whereas an increase in 25% is otherwise permitted. The effect



of the application would also permit an increase in size of the dwelling, being a structure located in part within 15 metres of the high-water mark, where no size increase is otherwise permitted. The application would also permit a western side yard of 3.81 metres whereas the existing deficient western side yard is 4.27 metres.

PLMV2023027 - Part Lot 12, Concession 13, Geographic Township of Minden Hills; municipally known as 1080 Crest Drive and located on Little Boshkung Lake (See

Purpose and Effect of the Application: The purpose of the application is to provide relief from the Township of Minden Hills Zoning By-law 06-10, as amended, to permit the expansion of a legal non-conforming dwelling on an undersized lot, more specifically in the form of a screened in porch. The application would provide relief from Section 4.8.4 iv) to permit the increase of size or height of a building or structure located wholly or in part within 15 metres of the high-water mark. The application would further provide relief from Section 4.8.4 i) and Section 5.2 to permit the reduction of a side yard from 4.5 metres as required to 3.5 metres.



Additional information regarding these applications will be available online. Links to meeting agendas and full reports can be found on our Minden Hills Civic Web. A copy of the complete applications will be available for public inspection at the Township of Minden Hills Building and Planning Department by appointment only. Input on the above noted applications is welcome and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Township. To provide input in writing, or to request written notice of the decision, please contact the undersigned or e-mail adougherty@mindenhills.ca.

Any person or agency who is of the opinion that holding the hearing as a hybrid/combined in-person and electronic hearing is likely to cause them significant prejudice, may make a submission to the undersigned, and if the Committee is satisfied that holding the hearing as hybrid is likely to cause the party significant prejudice then the hearing will be re-scheduled as an oral hearing only. If a person or agency does not make a submission to the Secretary-Treasurer prior to the hearing, and the person or agency does not participate in the hearing in accordance with this Notice, then the Committee may proceed without the party's participation and the party will not be entitled

Accessibility: The Township of Minden Hills is committed to providing services as set out in the Accessibility for Ontarians with Disabilities Act, 2005. If you have accessibility needs and require alternative formats or other accommodations, please contact the undersigned.

Privacy Disclosure: As one of the purposes of the Planning Act is to provide for planning processes that are open and accessible, all written submissions, documents, correspondence, e-mails or other communications (including your name and address) form part of the public record and may be disclosed/made available by the Township as deemed appropriate, including anyone requesting such information. Please note that by submitting any of this information, you are providing the Township with your consent to use and disclose this information as part of the

For more information about this matter contact at adougherty@mindenhills.ca or 705-742-2297 ext. 278 Amanda Dougherty

Township Planning Consultant Secretary-Treasurer, Committee of Adjustment P.O. Box 359, 7 Milne Street, Minden ON, K0M 2K0

The Dowager's hump

DR. KASSIE WRIGHT

Wellness Corner with Kassie

N THE WEEKENDS growing up we would venture to my Grandma's house. As a child I can recall noticing something "different" about her back. As I got older I started to recognize there was a "bump" at the base of her neck. Not realizing this was a sensitive topic as a teen, I asked her "Grandma,

why do you have that hump on your back?" She politely told me it was because she was old. As I continued my studies in Chiropractic College I soon learned that this particular type of curve is also commonly known as a Dowagers hump.

The spine has normal curves that develop as we grow from infancy. In the lower back and neck we have what's called a "lordo-

sis." In the thoracic spine or upper back we have a "kyphosis". The curvature degrees vary from person to person but typically fall into a "normal" range. The purpose of our natural curvatures are to help to make the spine stronger, flexible and more supple. This allows our bodies to be better equipped to manage mechanical stress. A Dowagers hump results from the spine being excessively curved or rounded forwards, medically known as "hyperkyphosis."

This condition can be postural or structural. Postural is the best form to have as it is the most receptive with treatment. This is because the actual structure of the spine. for the most part, has not changed and is a result from ... you guessed it, poor posture. Chronic poor posture over time allows gravity to exert its effects to the upper back

that results in the vertebrae actually changing position. Along with this the chest gets tight, the shoulders start to round forwards and the neck starts to move anteriorly. This leads to abnormal curving of the vertebrae over time.

Forward head posture is one of the leading causes of neck pain, tension, and head-

aches. Have you heard of the term "tech neck?" It can develop from constantly looking down at your phone due to increased screen time. The further forward your neck the more the muscles of the neck have to work to hold up your head. In fact, for every inch the neck moves forward from its natural position the neck and upper back muscles have to support 10 more pounds of weight.

Curious if you are developing a Dowagers hump? Take at look at your profile in the mirror from the side. Women in their 40s are most commonly diagnosed with a Dowagers hump as changes from menopause lead to weakening of the spinal vertebrae due to hormonal changes. The most common question I get from women is "I'm noticing a bit of a hump forming, what can I do to fix it? I don't want to have a hunchback!" It's not going to go away over night but putting in the work can help to reduce the progression and improve your discomfort. There are exercises available to assist you that can be found online, or by talking to a medical professional. Always consult with your healthcare provider prior to starting any exercise program.



It's Time to Celebrate Our Efforts and County. Successes!

Thursday, June 22 at the Haliburton United Church, 5:30 to 8 p.m. (Available on Zoom)

A light supper will be provided. Please join us as we:

Review our Highlights of 2022-23 Look at our Communications Plan

Check out our new information package-Helpful Resources for Seniors in Haliburton

Decide together our ATAC 'next steps' and how you can help.

Please invite your friends and family to come and share their stories and join in this exciting grass roots movement.

For more information contact Bonnie at 705-457-6579.

Submitted



The crowd goes wild

Haliburton Highlands Secondary School's drama club recently held their first public performance from June 9 to 11. The club formed in March and has been meeting three times per week to rehearse for an upcoming performance of "Star-crossed Hat Trick," a modern, Canadian twist on Shakespeare's classic, "Romeo and Juliet", written and directed by HHSS teacher, Rebeka Borgdorff. The cast consisted of 25 students, from Grade 9 to 12. /TIM YANO Special to the Times

Minden Times

Call 705-286-1288 classifieds@haliburtonpress.com Deadline 4 pm Each Monday

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3 Window Air Conditioners Danby Energy Star 12000 BTU with Remote used only 6 mths asking \$80, Danby 7000 BTU asking \$25, and Kenmore 5200 BTU with Remote asking \$50. Call 705-286-0813

Mobility Scooter Carrier for the back of a Truck or Car, Asking \$150. Call Today 1-800-954-9998 or 705-741-6097

FIRMAN Portable Generators 8000 - 10000 watt Tri-Fuel System with Electric Start 120v to 240v plus wheel kit asking \$1550 Call Today 1-800-954-9998 or 705-741-6097

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SELF CONTAINED STORAGE UNITS for rent, discounts available located on Industrial Park Road in Haliburton. CALL 705-457-1224

300 FOR RENT



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Compact 1-bedroom apartment, main floor, 5-plex. \$1025/month utilities & one parking space included. Coin laundry available. No pets, no smoking. Close to Carnarvon on Hwy 118. Please email your name, phone number, household make-up to info@placesforpeople.ca before June 24th.

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220 YARD/GARAGE SALES

Multi-Family YARD SALE June 17 & 18, 9 to 4 p.m. **1612 Duck** Lake Rd. by the Blairhampton Golf Course. Comic books BBQ Office Chairs Sound Equipment Tools Tables Clothing Odds & Sods ... Lots!

Huge Garage Sale! 1001 Holmes Road Wilberforce. Something for everyone: furniture tools toys and collectibles. 7 am start Rain or shine.

400 EMPLOYMENT OPPORTUNITY

Watson General Contracting

is hiring full and part-time positions for landfill attendants. For the Townships of Algonquin Highlands and Minden Hills. Must be available to work weekends and have reliable transportation.

Will train suitable candidates. Please forward your resume or contact information to either the Scotchline or Maple lake landfill sites or to watsongeneralcontracting@ sympatico.ca or contact Michelle at 705-854-1382 students welcome to apply

The Bonnie View Inn is HIRING!!!

A historic popular resort in the Haliburton Highlands. Year round: full time or part time. Seasonal: full time or part time. Competitive wages. *ASSISTANT MANAGER - food & beverage manager/front desk *KITCHEN - BREAKFAST COOK CHEF DE PARTIE APPRENTICE *FOOD AND BEVERAGE SERVERS *HOUSEKEEPERS If you are interested please contact

indicate which position you are interested in info@bonnieviewinn.com We will reply with detailed information and schedule an

interview.

us by email attach your resume and

Several Positions needed

General Help Hourly Rate \$25-\$30 - Picking up lumber yard work able to work safely. PLUS looking for 2 cabinet makers Hourly Rate \$30-\$35 able to read blueprints and have their own tools. Please contact by email kenpridecustom@hotmail.com or call 647 293-7280

Store Manager - Retail Location:

Minden ON. Salary: \$18.00 to \$21.00 hourly to be negotiated/40 hours per week Responsibilities: Manage staff and assign duties. Determine merchandise and services to be sold. Locate, select and procure merchandise for resale. Develop and implement marketing strategies. Resolve problems that arise such as customer complaints and supply shortages. Plan organize direct control and evaluate daily operations. Experience and specialization: Computer and technology knowledge. Point of sale system Inventory control software Education: Bachelors degree or equivalent experience Experience Required: 2 years to less than 3 years Work setting: Urban area Willing to relocate. Retail business. Email Resume at hamzaakhalidd@gmail.com Contact: 647-448-6649



Highland Design is Hiring!

Job Summary

Highland Design is an architectural design firm located in the heart of cottage country in Haliburton, Ontario. We provide full design services for residential and commercial buildings. Highland Design is looking for a positive professional designer/drafting person to join our growing business. See recent examples of our recent work at www.highlanddesign.ca.

Responsibilities/qualifications for this full-time position would include the following:

Develop initial concept drawings

Prepare structural permit drawings and calculations while ensuring compliance with current building codes and

Be proficient with Microsoft Office, softplan/AutoCAD or comparable.

Be able to work as part of a team, as well as individually

Have 1-3 years of relevant experience

Have a valid driver's license and reliable transportation.

Please email your resume to info@highlanddesign.ca

Minden Times

400 EMPLOYMENT OPPORTUNITY

Up-to-date vaccinated and experienced PSW/Home Care

worker wanted to assist an elderly lady with activities of daily living in her home including meal prep mobility toileting etc. for Sat/Sun weekend day shifts 9am to 5pm and possible fill-in days in the Carnarvon area. Starting June 24 2023. Call 705-645-1940

Contractor in Wilberforce looking for Carpenter/Carpenters Helper Please send resume to gccarpentry1@gmail.com or phone at 705-448-9558.



The Corporation of the County of Haliburton Requires a **Human Resources Manager**

The County of Haliburton is accepting applications from qualified candidates interested in obtaining an approximately 20-month contract in a Human Resources Manager position. This contract is to provide coverage during a parental leave of absence.

Requirements for this position include post-secondary education in a related field. A Certified Human Resources Professional (CHRP) designation is considered an asset. This position requires prior experience in a human resources management role in a unionized environment and a comprehensive understanding of employment related legislation including AODA regulations. Annual salary for this position ranges from \$101,961.64 - \$119,280.70 with a comprehensive benefit package.

Visit our website at www.haliburtoncounty.ca/careers for a detailed posting and job description.

Please forward your resume to shume@haliburtoncounty.ca no later than June 30, 2023.

We thank all who apply for this position; however only those selected for an interview will be contacted

The County of Haliburton is an equal opportunity employer. Accommodation can be provided in all steps of the hiring process, please contact Human Resources for further details.

In accordance with the Municipal Freedom of Information and Protection of Privacy Act, the information gathered will be used solely for the purpose of job selection.

MINDEN HILLS

Municipal Law Enforcement Officer (MLEO)

We are seeking a highly motivated and energetic individual to join our Building/Bylaw Planning team as an MLEO. Key Responsibilities include enforcement of municipal bylaws, and other applicable laws, programs and initiatives, through education and awareness, issuance of warnings, violation notices and penalties. Minimum qualifications include a 2-year diploma in Law Enforcement, or equivalent, minimum 2 years' experience as an MLEO. Preference will be given for those with court litigation proceeding and evidence preparation for court, and familiarity with property and GIS software. Certified Property Standards Officer is an asset.

This is permanent, full time, union position, based on thirty-five (35) hours per week, and may include days, evenings, weekends and Statutory Holidays as required. Group benefits, pension plan, vacation and sick as well as opportunities for training and development included. Rate of pay is \$27.54/hour, pending review. Earnings will be subject to Union dues.

Application deadline is 12:00 noon, June 30, 2023.

Visit www.mindenhills.ca/careers or email sprentice@mindenhills.ca for more information.

540 COMING EVENTS

Art in the Garden Show & Sale

Fathers Day June 17/18 10 am- 4 pm at Glass Eagle Studios. 2801 Blairhampton Rd Minden. Live Music & Food. Contact Tom Green at 705-286-3628

NORWOOD COUNTRY JAMBOREE July 20 - July 23 at the Norwood Fairgrounds Call for tickets 1-800-954-9998 or 705-741-**6097** or Bill Bekkers **705-448-8814** www.norwoodcountryjamboree.com

645 CELEBRATION OF LIFE

Celebration of Life Fred J. Simmons (d. Feb 2023)

Saturday June 24 2023 2pm - 4pm 1019 Elm Rd Irondale We invite family & friends to a casual get together as Fred requested. If nice weather please bring yourself a lawn chair. Need directions call 705-457-8438

COOLING

We are a well established Heating and Cooling company looking for permanant, full time technicians with one or more of the following licenses: oil, gas, or a/c.

We are also able to offer eductation for licensing to interested, motivated individuals.

> Please forward a resume to: info@kegelheatingandcooling.ca

570 NOTICES



Point in Time invites you to attend our **Annual General Meeting** on Tuesday, June 20, 2023 At Abbey Gardens.

Socializing and light refreshments at 5:30pm Meeting commencing at 6:00pm

RSVP by calling 705-457-5345 x105



Receive the Minden Times in your mailbox every Wednesday and SAVE \$\$ off the newsstand price Call Debbie at 705-286-1288 to subscribe

Minden Times assifieds

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Send your event listing to classifieds@haliburtonpress.com

Readings at Rails End

When: Saturdays 11:30 a.m. to 1 p.m., until to June 17

Where: Rails End Gallery, 23 York St., Haliburton Local readers read from passages from their favourite Author. Readings are held in conjunction with "Rewilding: Michelle Karch Ackerman and Tanya Zaryski" and the Authors come from The Library of Dresses gallery installation. Discussion follows each reading. June 17 Laurie Jones reads Beverly Cleary's Ramona the Pest. All welcome

VOICE Peer Support Group

When: June 15 and 29, 7-9 pm Where: Sirch Bistro and Bakery VOICE is a gathering of people working on a better life for ourselves. We meet to share with each other and, in the future, to help improve community services

Father's Day Craft

When: June 17, 11 a.m. to noon Where: Sirch Bistro and Bakery Let's show Dad we care by making him something super neat! Please RSVP by June 15 for this by-donation kids craft by calling 705-457-1742 or emailing info@sirch.on.ca.

Repair Cafe

When: June 17, 10 am - 2 pm Where: Haliburton Legion Do you want to surprise dad this Father's Day by getting his favourite item fixed? You're in luck, SIRCH's Repair Café is back and this time it's at the Haliburton Legion (719 Mountain St) from

10-2. The full list of repairable items can be found at sirch.on.ca/repaircafe.

Art in the Garden Show & Sale Father's Day

When: June 17/18 from 10 a.m. to 4 p.m. Where: Glass Eagle Studios, 2801 Blairhampton Rd, Minden What: Art. Live Music & Food Contact: Tom Green at 705-286-3628

Minden Legion Branch 636

Lunch - Monday to Friday Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m. Tuesday: Food 5 p.m. Canoe FM Bingo

Thursday: Cribbage 1 to 3 p.m.,

Darts 7 to 9 p.m. and Euchre 7 to 9 p.m. Every other Friday: Karaoke 8 to 11

Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m. Every other Friday Karaoke 8 to 11 p.m. Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m. Call ahead any day for take-out: 705-286-4541

Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.





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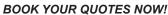
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The 4 wheelers are here! See page 5

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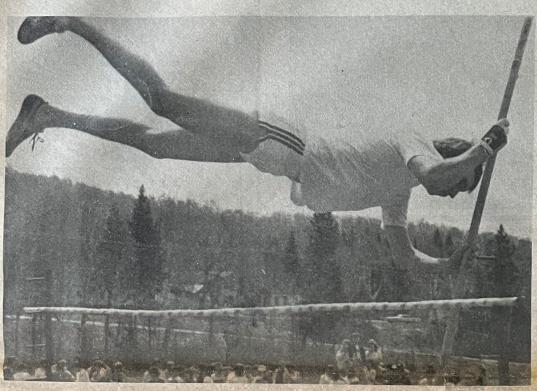
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The Times

The World Famous

This Week: Solid States Next Week: Solid Gold

Wednesday, May 9, 1984



A pole vaulter is suspended in mid-air as he easily clears the bar during the Kawartha West championship held Thursday at HHSS. The local students once again retained the championship by scoring almost double the points of their nearest rival. The top finishers in this meet advance to the Kawartha A final this week in Peterborough. For results from the track meet, please turn to page 5.

Red Cross holds last hospital board meeting

Hospital staff members and representatives of local Red Cross societies were in attendance April 27 when the Ontario Division of the Canadian Red Cross held its final hospital board meeting in Toronto. The meeting marked the end of Red Cross involvement in supplying hospital services in the province.

Attending from Minden were the president of the local society, Brian Adamson and Minden Red Cross Hospital Nurses Administrator, Jean Anderson. Mrs. Anderson was presented with a citation for her many years of service to the local facility.

President of the Hali-burton Red Cross, Ken Morely and Nurse Administrator at the Haliburton facility, Marlene Bennett, was also in attendance. Mrs. Bennett also received a

citation for her work at the

Also in attendance for the final meeting were representatives of staff, hospital boards and Red Cross societies in communities where the organization formerly managed hos-pitals. These communities included Bancroft, Lion's Head, St. Joseph's Island and Burk's Falls.

Red Cross set up its first Ontario hospital in Wilberforce in 1922 and has operated 38 hospitals in the province over the past 62 years. During that time, hospitals were opened and closed according to community needs. A study in 1978 examined the role of the last ten hospitals in the province and in subsequent years all have been turned back to the community to satisfy health needs as determined by Ontario Regional Health Councils.

Two new teaching posts added at High School

Two new teaching positions will be added to the Haliburton Highlands Secondary School beginning next September. The decision to add the two staff members was taken at the April meeting of the Haliburton County Board of Education. The increase had been recommended by HHSS principal Dale Robinson.

The two new teaching positions, which will bring the school's teaching staff up to 40.5, will be needed to meet the demands of the Ontario Schools, Intermediate and Senior policy announced last year by the Ministry of Education.

One of the new staff members will be teaching French, a subject which will become mandatory under the new program for some students. As well, the high school principal anticipates an increase in enrolement in September, accounting for the additional position.

The board also approved

the hiring of three other teachers at the high school. These teachers will replace teachers who are retiring, leaving the school, or taking a leave of absence.

Courses dropped
A lack of interest has resulted in the elimination of 12 courses from the curriculum at Haliburton Highlands Secondary School. Members of the Haliburton County Board of Education approved the dropping of the courses at its

April meeting. Courses to be deleted at the high school include: third year drama; fourth year creative writing; a year one geography course; a three year geology course; second year drafting; second year electrical course; an electronics course; a business machines course; consumer studies; art; a special education program, Man in Society; and a machine shop course.

Board applies for special status

The Minister of Education Bette Stephenson, is being asked to consider Haliburton County for a proposed assistance program.

The decision to ask for the assistance was made by the Board of Education at a meeting on April 24. The proposed program is the result of a commission of inquiry regarding small secondary schools in northern



Fred Rolfe, forestry technician with the Ministry of Natural Resources Minden office, examines red pine seedlings with members of the grade 3 class from Archie Stouffer Elementary School. The students, working in conjunction with senior planted 1000 trees on property adjacent to the school. The project was undertaken to mark Heritage Week in the province. The planting effort completed (more on page 3) a 5 year reforestation project.

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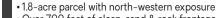






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